

Message

**From:** This Week @ EPA [/O=EXCHANGELABS/OU=EXCHANGE ADMINISTRATIVE GROUP (FYDIBOHF23SPDLT)/CN=RECIPIENTS/CN=7A2F56A248E647F0BD8A89E90EC7AFBC-EPA NEWS]  
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**Subject:** This Week @ EPA - February 4, 2019



# This Week @ EPA

February 4, 2019

Banner photograph taken by Aaron Setran. R

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**Welcome back EPA! We're back from the new year to bring you the latest news in 2019.**

*The Office of Internal Communications thanks everyone who submitted winter photos for the newsletter nameplate. We received many submissions. If you missed the opportunity to submit a winter image, be on the lookout in March when we will ask for spring images. Thanks!*

## Senior Leadership Focus

### Headquarters employees in D.C. receive warm welcome back

Acting Administrator Andrew Wheeler welcomed EPA employees back to work by visiting various headquarters offices in D.C. and meeting with employees in the Administrator's Office. See photos from these visits in the Office of Multimedia's [photo gallery](#).



**Guest Writer - Hayley Hughes**



During my time as the EPA National Lead Coordinator I have had exciting opportunities to work with many in lead-related issues. Our efforts are captured in several documents, including "[Protecting Children from Lead](#)" and the "[Federal Action Plan to Reduce Childhood Lead Exposures and Associated Health Impacts](#)" (Federal

Reducing lead exposures is not a simple linear line from identification to prevention and/or reduction. It is many factors influence lead reduction activities, including regulations, policies, funding, science, data analyses, monitoring, education, outreach, testing, inspecting, certifying, permitting, compliance, enforcement, partnerships, and so on.

It is the interaction of these factors that affects the reduction in lead exposure, and therefore, the reduction in lead exposure. The strategic "blueprint" of the Federal Action Plan and the previous and on-going activities for reducing lead exposure in the Lead Brochure create a comprehensive map of the activities and efforts that will continue to reduce lead exposures among children.

The actions and results of the recent activities highlighted in the Lead Brochure are successful benchmarks and great examples of how to reduce lead exposures across EPA's Program Offices and Regions and in communities.

Use these successes as a basis to explore and build on different ideas for reducing lead exposures, especially in vulnerable communities. The goals outlined in the Federal Action Plan. Some of the activities or innovative ideas may be useful for other program areas, and they may be effective for protecting human health and the environment against other contaminants. Finally, continue to share your successes - creative problem solving!

*Hayley Hughes served as the EPA National Lead Coordinator from April 2018 to January 2019. As the EPA National Lead Coordinator, she facilitated communication across the agency and communicated with both internal and external stakeholders on overarching lead-related issues including the Federal Action Plan to Reduce Childhood Lead Exposures and Associated Health Impacts. Hayley now works in EPA's Office of Chemical Safety and Pollution Prevention as the Director of the Office of Strategic Communications.*

## Hot Topics

**EPA highlights agency's 2018 accomplishments and environmental progress in new report**



EPA released the [2018 Year in Review](#) report outlining major accomplishments and environmental progress during the Trump Administration. The report demonstrates the Trump Administration's ability to provide greater regulatory certainty while continuing to protect public health and the environment. Major accomplishments include:

- Issuing major proposals including the Affordable Clean Energy Rule, the Safer Affordable Fuel Efficient (SAFE) Vehicles Rule, and the U.S. definition of a "major source."
- Providing greater regulatory certainty to states, tribes, localities, and the regulated community.
- Streamlining the effectiveness and efficiency of EPA.

For more information, please read the [press release](#).

## **EPA's Emergency Leave Transfer Program**

In October 2017, EPA established an Emergency Leave Transfer Program (ELTP) to enable donated annual leave to be transferred

affected by a major disaster or emergency as declared by the president and the U.S. Office of Personnel Management. Since the ELTP, seven major disasters have been declared; including, those declared for employees impacted by Hurricanes Michael and F wildfires.

Below are some useful facts about the program:

- An approved emergency leave recipient is not required to exhaust his or her accrued annual and sick leave before receiving the ELTP.
- Annual leave transferred under the ELTP to a leave recipient may be substituted retroactively for any period of unpaid leave or advanced sick leave used because of the disaster or emergency.
- A recipient may be advanced annual or sick leave, as appropriate (even if the employee has available annual and sick leave). A recipient is not forced to use accrued leave before donated annual leave becomes available.

Find additional information about the EPA's ELTP on the [EPA National Leave Donation Programs intranet site](#).

**Kick off a healthier, more active lifestyle this year**

Physical activity is essential for a healthy, balanced lifestyle. Regular exercise can help prevent chronic diseases such as diabetes

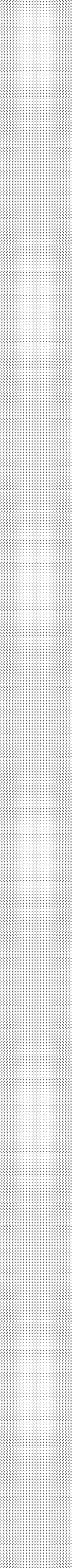
cancers; improve your mood and [mental health](#); and [maintain a healthy weight](#). Incorporate physical activity into your daily routine

- **[Get off your seat](#) and take frequent walks.** Stand during phone calls or walk to a co-worker's desk instead of sending an email.
- **Exercise at lunchtime.** Coordinate a [walking group](#) or [exercise at your desk](#).
- **[Take the stairs](#).** Avoid using elevators if there is a nearby staircase and walk up and down escalators.
- **Wear a pedometer.** Use a pedometer, wireless activity tracker or smartphone application to track daily activity and take more steps.
- **Set a reminder.** Use an alarm or recurring calendar appointment to get up and move around at set intervals throughout the day.

For more information, visit the [Fitness page](#) on the EPA intranet.

**It's not too late to nominate a colleague for a Sammies Award!**





Officials have extended the deadline to nominate a colleague for a Sammies Award to Friday, February 8.

Have you been thinking about nominating a colleague for the Sammies, but aren't sure quite how to do it? We've got some past winners to help you! First, here are some questions to ask yourself:

- Is the project something humanistic that will resonate with the public?
- Does your project either have big numbers (think of the VW settlement) that will help a large number of people?
- Can you think of three people from either inside EPA or outside that will support your nomination?

If you can answer yes to the above questions, then you are ready to proceed with your [Sammies nomination](#).

If you would like some encouragement or have questions, read these [nomination FAQs](#) or contact the EPA employees listed below. We will have time to review nomination documents or provide more in-depth assistance, but everyone is available to answer questions. If you seek more in-depth assistance, please be sure to ask for that specifically.

1. [Byron Bunker](#) (Office of Air and Radiation) - winner 2017. Email address: [Bunker.Byron@epa.gov](mailto:Bunker.Byron@epa.gov) and phone: 734-214-4
2. [Jacob Moss](#) (Office of Air and Radiation) - winner 2015. Email address: [Moss.Jacob@epa.gov](mailto:Moss.Jacob@epa.gov) and phone: 202-343-9906
3. **Kay Holt** (Office of Research and Development) - nominator 2018. Email address: [Holt.Kay@epa.gov](mailto:Holt.Kay@epa.gov) and phone: 919-54
4. [Surabhi Shah](#) (Office of Water) - winner 2017. Email address: [Shah.Surabhi@epa.gov](mailto:Shah.Surabhi@epa.gov) and phone: 202-564-3833.  
❖ *When possible, the above individual's names are hyperlinked to their Sammies profile.*

Remember, when EPA has a Sammies finalist or winner, it raises awareness of the work that we do.

More information on the Sammie awards is available on the [Service to America Medals website](#).

Key Dates	Combined Federal C
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Click on each event below to get more details.

**CFC deadline moves to February 22**


Click on the "Add to Calendar" button to add an event to your Outlook calendar. If you see a log-in screen, please click on your EPA email, or if prompted, enter your email and network password.

Thanks to everyone who has contributed to the

#### **This Week:**

**Feb. 8:** Deadline for the 2019 Sammies nominations  [ADD TO CALENDAR](#)

#### **Coming soon:**

**Feb. 14:** ELMS Overview  [ADD TO CALENDAR](#)

**Feb. 14:** EndNote Basics webinar  [ADD TO CALENDAR](#)

**Feb. 19:** EndNote Basics webinar  [ADD TO CALENDAR](#)

**Feb. 20:** Office of Continuous Improvement Open House  [ADD TO CALENDAR](#)

**Feb. 22:** New date for the CFC Campaign end  [ADD TO CALENDAR](#)

(CFC). We greatly appreciate everyone's general understanding and patience. Due to the government shutdown, officials are expected to return to work by February 22. For more information on how to stay updated, visit our [website](#).

Health & Wellness

Shine a light on Seasonal Affective Disorder

IT Corner

Agency reschedules Capstone implementation

Seasonal Affective Disorder (SAD) is a type of depression that occurs when the As a result of the partial government shutdown,

seasons change, most often during the fall and winter months when there is less natural sunlight.

Symptoms can mirror those of [depression](#) and include irritability, difficulty sleeping, changes in weight, feeling hopeless, and suicidal thoughts. Common treatment options for SAD include light therapy, medication, and cognitive behavioral therapy. Prevention strategies include spending time outside, [eating a balanced diet](#), [exercising regularly](#), and staying connected to family and friends.

For more information, visit the [Seasonal Affective Disorder page](#) on the EPA intranet.

Capstone implementation to March 1. Capstone approach to email records management. Employees prepare for implementation. This includes deleting and transitory records that are no longer required. Implemented, employees will not be able to delete older. Employees must continue to retain emails held or other preservation obligation such as pending requests or appeals. For more information on how to prepare, go to the [Capstone Implementation](#)

We would love to hear our feedback about this newsletter. Please contact us at [internalcomms@epa.gov](mailto:internalcomms@epa.gov) | <http://intranet.epa.gov/internalcomms>. Looking for previous editions of the newsletter? Go to the [Newsletter Archive](#).